PEGGY'S KITCHEN

# Peggy's Air Fryer Cookbook for One

*20 old British dinners and puddings for one, done in the air fryer. Cheaper, quicker, and no oven to heat.*




RECIPES FOR ONE · POUNDS AND DOLLARS · LITTLEPEGGYSKITCHEN.COM

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**Peggy is an AI-made character. The recipes, prices and history are real.**

Prices are rough UK supermarket costs per portion for the ingredients listed, with US dollars at about $1.33 to the pound. Sides are extra.

Ovens and hobs vary, so use the times as a guide. Make sure meat and fish are cooked right through, and reheat leftovers until piping hot. Check labels for allergens.


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A NOTE FROM PEGGY

# Right then, love. Kettle's on.

*A lot of us didn't trust the air fryer at first. It sat in its box till Christmas, and then somebody put a chicken Kiev in it, and that was that.*

In the seventies, every kitchen had a chip pan full of fat on the back of the stove, and a grill pan black with years of it. And when it was just you for tea, you heated the whole oven for one chop.

Now there's a little box on the worktop that does the lot. It's hotter and quicker than the oven, it's the right size for one, and the house doesn't smell of fat for a week afterwards.

So here are twenty old British dinners and puddings our mums made, done in the air fryer, for one. Ten are from my video and ten are new, and every one is cheap and from an ordinary supermarket.

Read my air fryer rules first, because these machines are new to a lot of us. Then pinny on, that's my apron, and let's start.

*Love, Peggy x*

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BEFORE YOU START

# Peggy's air fryer rules

*Three rules, because these machines are new to a lot of us. Then a few more things I've learnt the hard way.*

1

## Don't crowd the basket

The hot air has to get round everything, or it goes soggy. One layer with a gap between, and if it won't fit, cook it in two goes. Chips want a shake halfway; chops and burgers want turning once.

2

## No loose paper

Never put baking paper or foil in on its own. The fan blows it up into the heater, and it can catch fire. Only ever with food sitting on it to hold it down.

3

## Chicken, pork and mince: no pink

An air fryer browns the outside fast, so the inside can fool you. Cut into the thickest bit: no pink, juices clear, and chicken 75°C / 165°F if you've a thermometer.

### IT'S HOTTER THAN IT LOOKS

The basket, the dish and the drawer are scorching. Oven gloves to lift anything out, onto a board, not the worktop, and let a pasty or a cheese dish stand 5 minutes.

### RAW CHICKEN

Wash your hands, the board and the knife in hot soapy water after the raw chicken, before you touch anything else. And take the cocktail stick out of the Kiev.

### LEFTOVERS, ONCE

Leftover meat goes in the fridge within 2 hours, is used within 2 days, and is heated up once, till piping hot. If it's gone into rissoles, that was the once.

### FAT, AND THE VENTS

Fat left in the drawer smokes next time: let it cool, wipe it into the bin, wash the basket. Never down the sink. Nothing on top of the machine or against its vents, and never under a wall cupboard.



1

OLD BRITISH DINNERS

# Crispy Belly Pork

Air fryer 200°C · 400°F | About 30 minutes | Serves 1 | **About £1.60 a plate ($2.15)**

### YOU NEED

- 2 slices of belly pork (about 250g)
- Apple sauce, from a jar
- Green veg, whatever you've got

### FROM THE CUPBOARD

Salt and pepper, and a sheet of kitchen paper

### METHOD

1. Pat the belly pork dry with kitchen paper, really dry. Dry skin is what makes it crisp.
2. Rub the slices all over with salt and a pinch of pepper, and lay them in the basket with a gap between them.
3. Air fry at 200°C · 400°F for about 25 minutes, turning them halfway, till the skin's crisp and bubbled.
4. Cut into the thickest bit: steaming hot and cooked right through, with no pink. Not there yet? Give it 5 minutes more.
5. Apple sauce on the side, and whatever veg you've got, done in the microwave while the pork rests a minute.

### PEGGY'S TIP

No fat spat all over the cooker, and the crackling's better than the grill ever managed. If the butcher hasn't scored the skin, do it yourself with a sharp knife.

### KEEPING IT

Leftover pork: fridge within 2 hours, eat within 2 days, cold or reheated once till piping hot. The basket does it in 5 minutes.

*The cheapest cut on the butcher's slab, and our mums knew it was the tastiest. Slow in the oven on a Sunday, or under the grill in the week, spitting fat all over the cooker.*





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PUDDINGS AND BAKES

# Apple Crumble

Air fryer 160°C · 320°F | About 35 minutes | Serves 1 | About £1 a bowl ($1.30)

## YOU NEED

- 1 cooking apple (about 250g), or 2 eating apples
- 2 tbsp sugar
- 50g plain flour
- 25g cold butter
- 1 tbsp porridge oats, if you have them

### FROM THE CUPBOARD

A pinch of cinnamon, and custard to serve

## METHOD

1. Peel, core and slice the apple thin into a small dish that fits your basket. Sprinkle over half the sugar, the cinnamon and 1 tbsp water.
2. Rub the butter into the flour with your fingertips till it looks like breadcrumbs. Stir in the rest of the sugar and the oats.
3. Scatter it over the apple. Don't press it down: a loose top goes crisp, a packed one goes hard.
4. Air fry at 160°C · 320°F for 18 to 20 minutes, till the top's golden and a knife slides easily into the apple.
5. Let it stand 5 minutes: the fruit under the top is scalding. Custard over, from a packet or a tin, and nobody minds which.

### PEGGY'S TIP

Bramleys go soft and sharp, the proper way. Eating apples keep their shape and want less sugar. A tin of custard, warmed in a mug in the microwave, saves a pan.

### KEEPING IT

Fridge leftovers within 2 hours and eat within 2 days, cold with the custard, or warmed once in the basket till piping hot.

*The crumble only goes back to the war, when there wasn't the fat or the sugar for pastry. It took over from the pie so fast that my generation thought it had always been there.*